



# Co-Ed Fitness Boot Camp

6:00 - 7:00 am

MWF @ Gilruth Outdoor Field/Pavilion

*\*Rain or Shine\**

**June 7<sup>th</sup> – July 16<sup>th</sup>**

**6 Weeks**

**Cost is \$100**

Returnees: refer a friend  
and receive 20% off

Training for  
**ALL** fitness  
levels!

Kick Butt  
Workouts

More Energy!

Weight Loss!

Team Work!

Improved  
Self-Esteem!

**\*Register at Gilruth Front Desk 281-483-0304\***